

# Diabetes

## Data:

- In 2002, the age-adjusted diabetes mortality rate for Black Tennesseans (66.1 per 100,000) was 2 ½ times the rate for White Tennesseans (25.9 per 100,000).<sup>1</sup>
- In 2000, diabetes-related hospital charges in Tennessee amounted to \$1.7 billion dollars.<sup>2</sup>

## Facts:

- Type II diabetes is the most common form of diabetes (although there are other types).
- Type II diabetes is linked to obesity, physical inactivity, prior history of gestational diabetes, and impaired glucose tolerance.
- African-Americans and Hispanic/Latino Americans are 2-3 times more likely to have diabetes as compared to white adults.
- Millions of Americans have or may be at risk for developing diabetes and not even know.
- Complications of diabetes include eye disease, kidney disease, nervous system disease, amputations, cardiovascular disease, pregnancy complications and increased flu and pneumonia related deaths.

## Suggestions to prevent and control diabetes

- Regular visits with a health care provider
- Increased, regular physical activity (exercise)
- A balanced diet low in fat and sugar and high in fiber and vegetables

## Tennessee Department of Health services to prevent and reduce suffering caused by diabetes

The Tennessee Department of Health is committed to helping prevent people from developing diabetes and ensuring that those who have the condition are able to live long and full lives. The Department has a number of services that work with communities and families to support the prevention and effective treatment of diabetes.

### Diabetes Control

The Diabetes Control Program seeks to reduce the burden of diabetes in Tennessee by use of strategies that focus on community interventions, health communications, and health care systems changes. The Diabetes Advisory Council, composed of representatives from private health care, public health, non-profit agencies, and consumer groups, provides technical assistance. A significant accomplishment of the Council was the development of a diabetes medical record, which is being used by health care professionals and insurers throughout Tennessee and other states as a tool to assist in quality diabetes management. **FOR MORE INFORMATION, CALL YOUR LOCAL HEALTH DEPARTMENT OR CALL (615) 741-0380.**



<sup>1</sup> 2002 Death Certificate Data, Tennessee Department of Health, Office of Policy Planning and Assessment, Division of Health Statistics.

<sup>2</sup> 2000 Final Hospital Discharge Data, Tennessee Department of Health, Office of Policy Planning and Assessment, Division of Health Research.